Col	Column2	Col	Column	Column6	Column	Colur	Colum	Colum	Colum	Colum	Colum	Colum	Colum	Colum	Colun	Colun	Colum	Colum	Column2	Colum	Colur	Column25
LFP '2024-12-07		Bel		Belgian Re																		
Plac	Name	Sex	Equipm	Division	Bodywe	Weigh	Squat1	Squat2	Squat3	Best3S	Bench1	Bench2	Bench	Best3B	Deadl	Deadl	Deadlif	Best3D	TotalKg	Points	Event	Team
1	Nawâl Arras	F	classic	Junior	61.84	63	117.5	125	127.5	**127.5**	60	-65	65	**65**	140	147.5	155	**155**	**347.5**	76.96	SBD	CH Louvierois
1	Elise Van Der Maren	F	classic	Junior	70.76	76	122.5	132.5	-140	**132.5**	62.5	67.5	-70	**67.5**	120	132.5	-140	**132.5**	**332.5**	67.95	SBD	Zenith
1	Mélissa Leleux	F	classic	Senior	68.44	69	-95	-100	100	**100**	52.5	57.5	60	**60**	112.5	120	127.5	**127.5**	**287.5**	59.83	SBD	NSAR
1	Zakaria Laayoun	M	classic	Senior	65.98	66	-170	170	-185	**170**	-125	130	135	**135**	240	250.5	260	**260**	**565**	88.09	SBD	Apex
1	Samuel Lucas	M	classic	Junior	82.66	83	197.5	210	-220	**210**	140	145	-150	**145**	255	270	-280	**270**	**625**	86.70	SBD	Zenith
2	Raphaël Dubois	M	classic	Junior	82.96	83	-225	230	235	**235**	127.5	-132.5	132.5	**132.5**	237.5	252.5	-257.5	**252.5**	**620**	85.85	SBD	NSAR
1	Noah Legrain	M	classic	Junior	72.02	74	-187.5	-190	190	**190**	132.5	140	142.5	**142.5**	205	220	230	**230**	**562.5**	83.75	SBD	ATP
1	Ilias Nhari	M	classic	Junior	102.58	105	230	242.5	-250	**242.5**	-137.5	137.5	-142.5	**137.5**	280	-300	-300	**280**	**660**	82.38	SBD	Apex
2	Augustin Van Moer	M	classic	Junior	103.56	105	230	242.5	250	**250**	142.5	150	-155	**150**	255	-275	-285	**255**	**655**	81.39	SBD	Apex
1	Amaury Goeffers	M	classic	Junior	89.76	93	205	217.5	-225	**217.5**	127.5	132.5	140	**140**	215	227.5	240	**240**	**597.5**	79.54	SBD	ATP Performance
1	Christopher Dufour	M	classic	Senior	91.64	93	200	-215	-217.5	**200**	155	162.5	167.5	**167.5**	202.5	215	-220	**215**	**582.5**	76.75	SBD	NSAR
1	Tristan Moret	M	classic	Sub-junior	71.82	74	172.5	180	187.5	**187.5**	102.5	110	-115	**110**	205	215	-222.5	**215**	**512.5**	76.42	SBD	PHC Seraing
2	Arthur Christiaens	M	classic	Sub-junior	71.44	74	160	170	-175	**170**	110	117.5	-120	**117.5**	202.5	212.5	217.5	**217.5**	**505**	75.51	SBD	PHC Seraing
1	Alessio Curci	M	classic	Sub-junior	81.82	83	162.5	172.5	180	**180**	110	115	120	**120**	210	225	240	**240**	**540**	75.29	SBD	C.S.S. Florennes
2	Théo Gilliams	M	classic	Junior	91.8	93	190	200	-207.5	**200**	135	145	-150	**145**	197.5	212.5	222.5	**222.5**	**567.5**	74.71	SBD	PHC Seraing
3	Florian Janssens	M	classic	Junior	88.54	93	190	200	205	**205**	127.5	132.5	135	**135**	190	200	210	**210**	**550**	73.71	SBD	Apex
1	Arthur Nargaud	M	classic	Senior	67.78	74	140	150	160	**160**	92.5	100	-102.5	**100**	195	207.5	215	**215**	**475**	73.01	SBD	NSAR
1	Baptiste Croux	M	classic	Sub-junior	115.64	120	205	215	-222.5	**215**	142.5	146	-151	**146**	245	-255	-255	**245**	**606**	71.60	SBD	PHC Seraing
1	Gabriel Laghi Salvino	M	classic	Junior	64.68	66	145	160	-165	**160**	107.5	115	-120	**115**	150	160	175	**175**	**450**	70.90	SBD	Apex
1	Loic Maerschalcke	M	classic	Sub-junior	64.74	66	150	160	167.5	**167.5**	90	95	100	**100**	165	180	-187.5	**180**	**447.5**	70.47	SBD	OPL
2	Hippolyte Vuillet	M	classic	Junior	71.22	74	135	145	150	**150**	75	82.5	-87.5	**82.5**	132.5	145	155	**155**	**387.5**	58.03	SBD	Apex
DQ	Matthéo Goossens	M	classic	Sub-junior	69.76	74	142.5	150	157.5	**157.5**	-100	-100	-105		170	180	190	**190**	**DSQ**	DSQ	SBD	Apex

ARBITRES	CENTRE	SIDE 1	SIDE 2
	ROGER REMY	NADI NASSAR	DELFOSSE GREGOIRE

C	Column2	Co	Column	Column6	Column8	Colu	Column	Column	Column	Column	Column	Column	Column	Column	Column	Column	Column	Column	Column	Column	Column	Column	Column	Column25	Column26
F	Date	M	MeetTc	MeetName																					
P	Name	Se	Equipn	Division	Bodyweig	Weig	Squat1	Squat2	Squat3l	Best3Sc	Bench1	Bench2	Bench3	st3Bench	Deadlif	Deadlif	Deadlift	Best3D	TotalKg	Coeff IPI	IPF GL	BRB - Po	Team	Comment
L	'2024-12-07	Be		Belgian Re																				
C	Submit by email:	iss																						
1	Maeva Dero	F	classic	Sub-junior	59,50	63	132,5	140	146	**146**	77,5	- 82,5	82,5	**82,5**	167,5	177,5	183	**183**	**411,5**	0,2274	93,56	106,19	CH Louvierois	
1	Jade Lambert	F	classic	Junior	75,12	76	175	185	- 192,5	**185**	82,5	87,5	-90	**87,5**	175	185	190	**190**	**462,5**	0,1983	91,69	102,21	Alpha Academy	NB : nat FR, non résident
1	Anne Daineffe	F	classic	Master1	62,70	63	140	150	-155	**150**	- 87,5	- 87,5	87,5	**87,5**	150	157,5	- 160,5	**157,5**	**395**	0,2195	86,69	101,80	Apex	
1	Alix Lhoir	F	classic	Junior	67,64	69	162,5	167,5	172,5	**172,5**	82,5	88	-90	**88**	172,5	177,5	180	**180**	**440,5**	0,2095	92,29	101,26	CH Louvierois	
1	Clara Haulot	F	classic	Junior	62,78	63	155	-162,5	166	**166**	85	90	93	**93**	172,5	180	-188	**180**	**439**	0,2193	96,26	99,21	NSAR	
1	Fatima Elouafi	F	classic	Junior	106,30	84+	-177,5	190	-195	**190**	87,5	92,5	- 97,5	**92,5**	-187,5	200	- 212,5	**200**	**482,5**	0,1756	84,74	98,47	NSAR	
1	Zoé Coinne	F	classic	Senior	55,44	57	140	143	-145	**143**	86	88	-90	**88**	145	155	- 157,5	**155**	**386**	0,2396	92,49	97,11	NSAR	
1	Anne-Sophie Brysse	F	classic	Senior	62,82	63	157,5	-165,5	- 166,5	**157,5**	85	90	- 92,5	**90**	170	180	-190	**180**	**427,5**	0,2192	93,70	96,07	ATP Performance	
2	Diana Kamal	F	classic	Senior	62,58	63	-120	120	127,5	**127,5**	65	-70	70	**70**	150	162,5	-170	**162,5**	**360**	0,2197	79,10	80,90	CH Louvierois	
1	Mario Magro	M	classic	Junior	80,90	83	242,5	255	-263	**255**	142,5	147,5	- 152,5	**147,5**	275	290,5	301	**301**	**703,5**	0,1402	98,66	106,19	Bears Cave	
1	Léonard Moke	M	classic	Senior	91,28	93	235	250	262,5	**262,5**	147,5	155	160	**160**	275	295	310	**310**	**732,5**	0,1320	96,71	104,27	Bears Cave	
1	Léo Beauchot	M	classic	Sub-junior	82,07	83	200	207,5	217,5	**217,5**	142,5	-150	150	**150**	242,5	257,5	-264	**257,5**	**625**	0,1392	87,01	102,46	NSAR	
1	Bryan Magbetha	M	classic	Junior	104,38	105	265	280,5	- 287,5	**280,5**	172,5	185	- 190,5	**185**	310	330	-348	**330**	**795,5**	0,1238	98,49	101,99	PHC Seraing	
1	Bastien Georges	M	classic	Sub-junior	92,12	93	220	240	253	**253**	157,5	168	170	**170**	220	250	270	**270**	**693**	0,1314	91,08	101,91	Apex	
2	Nicolas Warnon	M	classic	Junior	82,88	83	220	-240	240	**240**	142,5	147,5	152,5	**152,5**	245	265	277,5	**277,5**	**670**	0,1385	92,81	101,13	Apex	
1	Flavio Scuderi	M	classic	Junior	73,86	74	-220	235	250	**250**	140	- 147,5	- 152,5	**140**	230	-250	-250	**230**	**620**	0,1470	91,11	97,25	CH Louvierois	
1	Florian Gilissen	M	classic	Senior	107,58	120	300	320	- 330,5	**320**	160	165	-170	**165**	290	-305	- 312,5	**290**	**775**	0,1221	94,62	96,88	PHC Seraing	
2	Solano Peracchi	M	classic	Junior	73,96	74	202,5	212,5	220	**220**	120	130	135	**135**	255	-270	-270	**255**	**610**	0,1469	89,58	95,69	PC Mettet	
1	Nathan Igben	M	classic	Junior	92,86	93	247,5	-261,5	261,5	**261,5**	140	145	- 147,5	**145**	235	250	260	**260**	**666,5**	0,1309	87,26	94,88	Zenith	
1	Roman Malo	M	classic	Senior	81,22	83	230	245	250	**250**	125	132,5	- 137,5	**132,5**	257,5	272,5	282,5	**282,5**	**665**	0,1400	93,07	94,66	PHC Seraing	
3	Romain Depierreux	M	classic	Junior	82,36	83	-205	-217,5	217,5	**217,5**	145	- 152,5	- 157,5	**145**	235	250	-260	**250**	**612,5**	0,1390	85,12	92,45	Zenith	

ARBITRES	CENTRE	SIDE 1	SIDE 2	T C	IPF PTS	BRB PTS
	BUSSELOT MYRIAM	ROGER REMI	NADI NASSAR	SAHYURI LALIME		
JURY	VANHEESVELDE JEROEN	PLENNEVAUX SIMON	DELFOSSE GREGOIRE			

RECORDS DE Belgique POWERLIFTING CLASSIC

		CLASSE	CAT	S Q	B P	D L	TOT
HAULOT	CLARA	DA JUNIOR	-63	166	93		
DERO	MAEVA	DA SUB JUN	-63	146	82,5	183	411,5
COINNE	ZOE	DA SENIOR	-57		88		
ELOUFI	FATIMA	DA JUNIOR	84 +	190			
MAGRO	MARIO	JUNIOR	-83			301	
MAGRO	MARIO	SENIOR	-83			301	
MAGBETHA BRYAN		JUNIOR	-105			330	
MAGBETHA BRYAN		SENIOR	-105			330	
SCUDERI	FLAVIO	JUNIOR	-74	250			
SCUDERI	FLAVIO	SENIOR	-74	250			
BASTIEN	GEORGES	SUB JUNIOR	-93	253	170		693
BEAUCHOT LEO		SUB JUNIOR	-83			257,5	625
ZAKARIA	LAAYOUN	SENIOR	-66			260	
CROUX	BAPTISTE	SUB JUNIOR	-120		146		

RECORDS L F P H POWERLIFTING CLASSIC

		CLASSE	CAT	S Q	B P	D L	TOT
HAULOT	CLARA	DA JUNIOR	-63	166	93		
HAULOT	CLARA	DA SENIOR	-63	166	93		
DERO	MAEVA	DA SUB JUN	-63	146	82,5	183	411,5
COINNE	ZOE	DA SENIOR	-57	143	88		
LHOIR	ALIX	DA JUNIOR	-69	172,5	88		440,5
LHOIR	ALIX	DA SENIOR	-69	172,5			
ELOUFI	FATIMA	DA JUNIOR	84 +	190			
ELOUFI	FATIMA	DA SENIOR	84 +	190			
MAGRO	MARIO	JUNIOR	-83	255		301	703,5
MAGRO	MARIO	SENIOR	-83			301	703,5
MAGBETHA BRYAN		JUNIOR	-105	280,5		330	795,5
MAGBETHA BRYAN		SENIOR	-105			330	
MOKE	LEONARD	SENIOR	-93			310	732,5
SCUDERI	FLAVIO	JUNIOR	-74	250			
SCUDERI	FLAVIO	SENIOR	-74	250			
BASTIEN	GEORGES	SUB JUNIOR	-93	253	170		693
IGBEN	NATHAN	JUNIOR	-93	261,5			
BEAUCHOT LEO		SUB JUNIOR	-83			257,5	625
ZAKARIA	LAAYOUN	SENIOR	-66			260	
CROUX	BAPTISTE	SUB JUNIOR	-120		146		

RECORDS DE Belgique BENCH PRESS SINGLE CLASSIC				
		CLASSE	CAT	B P
HAULOT	CLARA	DA JUNIOR	-63	93
DERO	MAEVA	DA SUB JUN	-63	82,5
COINNE	ZOE	DA SENIOR	-57	88
BASTIEN	GEORGES	SUB JUNIOR	-93	170
CROUX	BAPTISTE	SUB JUNIOR	-120	146

RECORDS L F P H BENCH PRESS SINGLE CLASSIC				
		CLASSE	CAT	B P
HAULOT	CLARA	DA JUNIOR	-63	93
HAULOT	CLARA	DA SENIOR	-63	93
DERO	MAEVA	DA SUB JUN	-63	82,5
COINNE	ZOE	DA SENIOR	-57	88
BASTIEN	GEORGES	SUB JUNIOR	-93	170
CROUX	BAPTISTE	SUB JUNIOR	-120	146

POWERLIFTING

M-CL-PL	C 1	1199,728
	C 2	1025,182
	C 3	0,00921
F-CL-PL	C 1	610,328
	C 2	1045,593
	C 3	0,03048
M-CL-BP	C 1	320,9804
	C 2	281,4026
	C 3	0,01008
F-CL-BP	C 1	142,404
	C 2	442,5267
	C 3	0,04724